

Secrets to healthy smiles revealed

"Uncover the Secrets of a Healthy Smile" is this year's theme for National Children's Dental Health Month.

The 48th Dental Squadron sponsors many activities during February to help children, parents and teachers discover those secrets. The activities for the month range from poster contests to dental screenings.

"The purpose of this month is to educate people and give them awareness of the importance of good oral hygiene and care," said Maj. Michael Kucsera, general dentist officer. "By participating, people help keep children's smiles beautiful. Our goal is to educate parents, children and teachers so they can keep from seeing me.

"We don't just want to do the screenings," Kucsera said. "We want to identify areas where there may be problems so we can give people good care."

The dental clinic has also increased the number of after-school appointments available for children.

"Because we extended our hours to 7 p.m., it is easier for children to be seen after school," Kucsera said. "During their initial appointment, we do an examination, cleaning, fluoride application, X-rays and make any appropriate follow-on appointments."

Family members can make appointments for examinations and cleanings by calling the clinic staff at Ext. 1846 or 2976 from 7:30 a.m. - 7 p.m. weekdays.

Dental Health Month activities

☐ Today – There's a joint proclamation signing ceremony at 9 a.m. to kick-off National Children's Dental Health Month. Col. Doug Richardson, 48th Fighter Wing commander, and Col. Christopher Kelly, 100th Air Refueling Wing commander, are the guests of honor.

☐ During the month, RAFs Lakenheath and Feltwell elementary students create posters reflecting their ideas about dental health that will be displayed throughout the base.

☐ Wednesday – The dental clinic staff will visit the Feltwell elementary school to provide screenings for third-grade students.

☐ Feb. 9 – The dental clinic staff will provide dental health information from 10 a.m. - 4 p.m. at the base exchange.

☐ Feb. 25 – Lt. Col. Jeff Mabry, children's dental specialist, provides well-baby screenings from 8:30 - 11 a.m. in the base chapel for children up to two years old.

☐ Feb. 26 – The dental clinic staff visits

the Lakenheath elementary school to provide screenings for third-grade students.



To help maintain teeth for a lifetime, people should eat healthy food and snacks, floss and brush daily, visit the dentist regularly and ask dentists about the benefits of sealants to prevent dental decay, according to the American Dental Association.